



The Self-Helper

News and Notes from the Self-Help Center
A program of Family Service

Fall 2016

DISABILITY RESOURCE EXPO



Reaching Out For
Answers

On October 15, 2016 Champaign County will host the **10th annual disABILITY Resource Expo: Reaching Out for Answers** at the Fluid Event Center, 601 N. Country Fair Drive, Champaign (just off I-72). Funded by area businesses and agencies, this event will be a place for individuals with disabilities and their families to ask questions, get information, share ideas and learn more about what supportive services, programs and technology is available in our region.

Join us on October 15th from 9:00 a.m. to 2:00 p.m. for this **FREE** family-friendly event offering different hands-on activities for children. There will be entertainment throughout the day and opportunities to win prizes! Your family will have fun while also gaining valuable information about available resources for individuals with disabilities in East Central Illinois. For more information: www.disabilityresourceexpo.org or www.facebook.com/resourceexpo.

Good News- New Groups!



Adult Children of Alcoholics

This is a 12-step recovery group that is for and facilitated by adult children of alcoholics. Meets Thursdays, 7:00 - 8:30 p.m., First Presbyterian Church, 602 W. Green St., Urbana.

Call: (217) 841-7119

Email: trinker63@hotmail.com

National Website: adultchildren.org

Debtors Anonymous

This is a 12-step group offering help for debtors, under-earners, and people struggling with money in general. Meets Tuesdays, 6:00 - 7:00 p.m., at Emmanuel Memorial Episcopal Church, 208 W. University Ave., Champaign.

Call: (217) 841-7119

Email: trinker63@hotmail.com

National Website: debtorsanonymous.org

Parent Support Group for Children in the Legal System

This support group allows parents to connect with other parents who have youth involved in the justice system and learn strategies to help yourself and your child. Meets 1st Thursday, 6:00-7:00 p.m., Youth Assessment Center, 402 Randolph, Champaign.

Call: Gabriela Quijada/Rebecca Woodard (217) 239-5933

Email: gquijada@ccrpc.org - rwoodard@ccrpc.org

Telephone Support Group for Caregivers of Veterans with Dementia

The VA Illiana Health Care System provides a telephone support group free of charge to anyone who provides care in the home to a Veteran with dementia, or a Veteran who provides care in the home for a family member with dementia. The Veteran must be enrolled in VA, must have a VA primary care physician and a diagnosis of dementia (any type), made by a VA provider. To participate, you must be the person who provides hands-on care to the Veteran. Caregivers will participate in a one hour, once-a-week group telephone call, for six consecutive weeks. The call is toll-free. The group will focus on skill-building in the areas of problem solving and mood management and will provide an opportunity to share with and learn from other group members.

Call: Mike Hedin (217)554-5126

Group Updates

* The **Cardiac Support Group** will meet on October 25th at 4:30p.m.in conference room A of the new Carle Tower. The meeting's speaker will be Dr Sanchez on the topic of blood pressure. There will also be a Cardiac Support Group Christmas party on December 13th at 4:30p.m. in Conference room A of the new Carle Tower.



*The **Carle Diabetes Support Group** typically meets the third Tuesday of each month at 7:00 p.m. Meetings are free, open to the public and take place at the Carle facility on Kirby (1813 W. Kirby Avenue, Champaign). Future meeting topics are as follows:

-Tuesday, October 18-Recipes and Healthy Cooking Tips

Carol Shriver, RDN, CDE, Carle Food Service

-Tuesday, November 15- Dealing with Depression

Linda Seagle, MSW, Carle Psychology

-No meeting in December

For more information about the Carle Diabetes Support Group, please call Martha at (217) 383-3490.



Announcements and Events

* Parkland College is hosting **National Depression Screening Day** on Wednesday, October 19 from 12:00 – 1:00 p.m. in room U140. This free informational session is cosponsored by the college's Counseling and Advising Center and the Champaign-Urbana Mental Health Public Education Committee and is open to the campus and community. It includes a showing of the film "The Truth about Suicide: Real Stories of Depression in College," followed by a panel discussion featuring local mental health professionals and representatives from mental health support groups. Information about the symptoms and treatment of depression, directions for obtaining effective help, the opportunity to ask questions, and confidential depression screening will also be available. For more information, please contact Jennifer Klatsky in the Counseling and Advising Center at 217/351-2453 or jklatsky@parkland.edu.

*Champaign Urbana Cradle to Career would like to invite parents or guardians with children 0 – 1 years old, 3 – 4 years old, or 4 – 5 years old to join us for **READY! for Kindergarten Parent Workshops** starting this October. READY! for Kindergarten empowers and engages parents or guardians in their child's learning from birth to age 5. The workshops will provide the training and tools to equip parents to help babies and young children develop strong brain connections for success in school. Workshops are free, there will be free child care and a free breakfast. For more information or to register a child, please connect with Patti Hood at (217) 480-5398 or p.hood@cuc2c.net. Patti reminds: "Those early years matter, please register today!"

* The Community United Church of Christ is hosting an 8-week training session: **MINDFULNES and MEDITATION: Embraced through the ages by many faith traditions as a way to promote the Mind, Body, Spirit connection.** The training session will take place at the church, located at 805 South Sixth Street, Champaign from 12:00 – 1:15 p.m. on October 9, 16, 23, 30 and February 5, 12, 19, and 26. The training will be led by Rev. Suzanne K. Loechl, MLA, and is based on the book "Mindfulness: Finding Peace in a Frantic World". This course is co-sponsored by Community UCC in conjunction with The Carle Foundation. For questions, call Faith Community Nurse, Linda Morgan, (217) 352-6375. Linda adds, "All are welcome and child care is available."

* **The Brain Injury Association of Illinois** is holding its annual conference on October 28-29, 2016 at the Drury Lane in Oak Brook. The conference is open to the public. For a list of the speakers and topics, please visit the website, <http://www.biaill.org/calendar.htm>. Eleven hours (11 hours) of Continuing Education will be available for the conference. For additional information or to register over the phone, call the BIA of Illinois at (800) 699.6443 or (312) 726.5699.

* The Prairie Center (www.prairie-center.org) is hosting a **FREE film showing of the documentary Generation Found** (www.generationfoundfilm.com) on Sunday, November 6 at the Art Theater (www.arttheater.coop) in downtown Champaign. Doors open at 6:45pm. Generation Found is a powerful documentary about youth addiction recovery. Immediately following the film, Prairie Center will host a short panel discussion on youth addiction recovery. All attendees will receive a free Prairie Center tote bag and have a chance to enter a drawing for gift cards. Prairie Center is a nonprofit organization deeply passionate about ending the stigma of addiction and preventing and treating substance abuse. For questions, please contact Amy or Laura at aleung@prairie-center.org or 217-693-3011.

***International Survivor of Suicide Loss Day 2016** will take place on Saturday, November 19 at Parkland College from 10:00-1:30. On Survivor Day, suicide loss survivors around the world gather at local events to share stories, gain insight, and find comfort in the knowledge that they are not alone. The day's program will include the screening of a new American Foundation for Suicide Prevention-produced documentary that traces the ripple effect of a suicide through families and communities, and explores the challenges we face as we cope and heal. For more information, please connect with Dennis Cockrum at 353-2254.

*PACE, Inc. informs us of the following upcoming events:

Independent Living Skills Trainings:

October 17: Disability Awareness Month

November 21: Money Management Strategies

December 19: Holiday Healthy Recipe Swap

All of the above listed meetings are on the third Monday of each month from 1:00 p.m. – 2:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

Job Readiness Trainings:

October 6: Locating volunteer Opportunities

November 3: Resume Writing 101

December 1: Cover Letters and References

All of the above listed meetings are on the first Thursday of each month from 1:00 p.m. - 2:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

For more information, please connect with Dylan Boot at dylan@pacecil.org.

Something to make you smile.....

About 5 years ago, my brother and his family lived without a refrigerator. They had 2 ice chests with frozen jugs of water that they had to replace about every other day. They made the kids do that. And what prompted them to this 17th century way of living? Leftovers! Leftovers? Yes, leftovers were one of the reasons they gave up their refrigerator. It wasn't the only reason, but it's the one that stuck out in my mind.

November is filled with national "food" days. There is Candy Day, Deviled Egg Day, and Cashew Day (which goes with the fact that it is National Peanut Butter Lover's Month.). November includes "Cookie Monster's" birthday and the day that William Tell took a bow and arrow and shot an apple off his kid's head. (NOTE: Parents, this is not legal.) Halloween candy that was hidden under the bed has now been found by a younger sibling. Aunties and Grandmas are making fruitcakes and cupcakes, oodles of noodles, cookies and tortes, candy wreaths and three story gingerbread houses and last but not least.....there is Thanksgiving. People from the good ol' U.S. of A. gobble up 690 million pounds of turkey each Thanksgiving. I have no idea how many pounds of stuffing, mash potatoes, yams or cranberry sauce/relish are made. I do know there will be leftovers.

Food is not the only leftover. There are left over people lying on your sofa, left over rude cousins that don't know when to go home and there are leftover dishes and arguments as to whom or what will do the dishwashing. There is leftover trash outside created by city wildlife. Leftovers can be so overwhelming. What's a person to do?

Humor, once again, may be the best defense you have to any kind of leftover. Think of it as an emotional antacid. When tensions arise from the holiday planning or holiday crowding, (in your living room), try reaching for some quiet time with the Sunday funnies. How about one of those silly holiday movies that make you laugh and groan and laugh again? You can also say to Aunt Mildred' "Let's play 'I love Lucy episodes on you tube," while you both do the dishes. Either she will love it or she will leave the room. Either way you win. Most important, learning to forgive yourself and chuckle at your humanity helps deal with the leftover blues.

November 15th is National Clean Out Your Refrigerator Day. You can then prepare the space for leftovers without over crowding. Clean out and make room in your emotional refrigerator (where you get nurtured) for more humor, laughter, and joy, especially around this time of year. Take a daily dose of mirth as a re-laxative. It can prevent hardening of the attitudes.

Nowadays, I have Thanksgiving at our home early in the holiday week. It helps our stepfamily and my brother's family attend to the other 4 holiday dinners. We have sushi and Italian beef, and a veggie platter in the shape of a turkey. Laughs, jokes and humorous story telling are really the main course. And we always have plenty leftovers of joy.

Thanksgiving blessings of Gratitude, Humor, Laughter, Mirth and Joy,
Debra Joy Hart RN BFA CLL
debrajoyhart@gmail.com

Send us your news!



We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you'd like to share about your group.

Contact SHC Coordinator Lorelea Liss by phone at (217) 352-0099, ext. 144, or e-mail: lliss@familyservicecc.org

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This publication is made possible through a generous donation from

